DISCLOSURE EXERCISE

PURPOSE

- Icebreaker
- Know yourself and seek self improvement
- Gain an understanding of our differences
- Self- disclosure helps to build trust
- It’s not all about you

DISCLOSURE EXERCISE

- Name
- Family
- Race
- Where you are from
- Social Class
- Religion

Five Words That Best Describe You

- Forthright
- Independent
- Professional
- Loyal
- Consistent

Four Most Important Values

- Family
- Integrity
- Human compassion
- Education
- Service to others

Hobbies & Interests

- Running
- Reading
- Musicals/theater
- Comedy shows
- Jazz concerts
- Shopping

Membership Groups

- Those groups to which we belong that are often unchangeable
  - Race
  - Gender
  - Age
  - Social Class